

ZERO SUICIDE

By Melissa Tauer

Southeastern is excited to share that we have joined a nationwide initiative called Zero Suicide. Often times, suicidal individuals may fall through the cracks of the healthcare and behavioral healthcare system. This initiative is focused on implementing a system wide approach that addresses these gaps in services with the goal of preventing the loss of individuals to suicide. Many healthcare and behavioral healthcare systems across the country have already adopted this approach and have seen dramatic results since doing so. Many reporting as much as a 70%-80% decrease in the rate of suicide for those in their care. There are seven essential elements we will focus on when implementing this into our agency. Those elements include: LEAD (creating a leadership-driven, safety oriented culture); TRAIN (developing a confident and caring workforce); IDENTIFY (creating a system to identify/assess risk of individuals we serve); ENGAGE (creating appropriate pathways to care in order to meet the needs of our consumers); TREAT (use effective, evidenced base treatments targeting suicidal thoughts/behavior); TRANSITION (providing continuous contact and care for our consumers); and IMPROVE (implementing a data-driven quality improvement system).

Southeastern has made great strides in adopting this model into our system. We established our implementation team with representation from each program in our agency and introduced this initiative to our staff in October 2017. As an agency we are currently focused on the TRAIN element and have asked each of our staff members to complete a survey in which they will share their confidence and comfort related to working with those at risk for suicide. Based on the results of this survey, various trainings will be assigned to our staff. Some of this training has already occurred as we have had several clinical staff trained in evidenced

based approaches for working with those at risk for suicide. As this is a system wide approach, each staff member of the agency will receive some form of training to increase their confidence when working with these individuals. We are excited to continue working on implementing positive changes within our system to better serve our consumers. If you would like more information on this initiative please visit www.zerosuicide.sprc.org.



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COMPANY INFO

SOUTHEASTERN

2000 S. Summit Ave
Sioux Falls, SD 57105
www.southeasternbh.org
605.336.0510

DEPARTMENTS

Counseling and Children's Services
2000 S. Summit Ave.
Sioux Falls, SD 57105
605-336-0510 or 1-866-258-6954

Community Support Services
100 W. 5th Street
Sioux Falls, SD 57104
605-336-0503

Education and Integration Services
500 E. 54th Street N.
Sioux Falls, SD 57104
605-335-8956

Cayman Court
4101 W. Cayman St.
Sioux Falls, SD 57107
605-271-8540



SPOTLIGHT ON STAFF

DeLon VanRegenmorter has been a loyal and dedicated staff since 2008. DeLon goes above and beyond for her students. She faces challenging situations with creativity, dedication, and heart. She is an excellent teacher and deserves recognition as a person who makes a difference in children's lives.

DeLon started working with the Education and Integration Program in 2008. She worked with adults and children in our residential services as a Direct Support Professional. Her role included helping individuals with personal care needs, strengthening their life skills and increasing community participation. She worked while she was attending Dakota State University to obtain her Education Degree.

Upon completion of her degree in 2012, DeLon accepted a teaching position with Education and Integration. Her classroom primarily includes middle school/early high school age-students with varying needs and abilities. Because of the wide variety of needs, each student brings a unique learning style and skill set into the classroom. DeLon spends many hours preparing individualized curriculum for each student in her classroom in order to meet content standards across multiple grade levels. She follows a variety of school districts study courses. At times, this might mean creating seven different lesson plans for just one student each day throughout the year!

Along with meeting academic and social needs, DeLon helps each student behaviorally. This is accompanied by helping students learn to cope with anxiety, depression, or aggression. Many strategies are used to help students work through tough situations, which can be an added challenge when considering each individual's processing or cognitive abilities.



Despite all of these day to day demands, DeLon always puts forth 110% effort into each of her students. She creates long-lasting supportive relationships with the students and their families. DeLon advocates for their needs and well-being, while keeping clear expectations and boundaries. She always keeps the end goal in mind and will continuously incorporate new ideas into the student's programming if something is not working.

There are not enough words to capture what DeLon does for her students, their families, and our agency. She is truly a teacher who makes a difference.

DONATIONS!

Southeastern is so grateful for all of those who donate to our organization! With your support, we are able to provide services that enhance the emotional and behavioral well-being of children, adults and families and in turn strengthen our community.

Corporate

- The Sammons Group
- Sioux Falls Ford
- Kiwanis Club of Sioux Falls
- Lewis Drug
- Workplace IT Management
- Citi Bank
- Interstate Office Products
- Century Business Products
- First Bank
- Rex's Lawn Care Services
- Speciality Wheel & Tire
- Iverson Dodge
- Sheridan
- HyVee
- Scheels
- Irvine Construction
- Novak Sanitary Service
- Faini Design
- Chad Dahle Construction
- Brooks Construction

Individuals

- Chris & Kristen Thorkelson
- Greg Sands
- Scott & Mary Cross
- Margaret Fink
- Bob & Kris O'Connell
- Dave & Barb Ohme
- Linda Bruns
- Debbie Brown
- Eide Bailly
- Dana Rausch
- Shirley and Jim Dunlap
- Bob and Julie Natx

HOMELESS OUTREACH

By Kim Hansen

November was officially declared hunger and homelessness awareness month by Mayor Mike Huether at the November 7th, 2017 city council meeting. There were many events dedicated to bring about awareness regarding homelessness to our community.

The SEBH Homeless Outreach Program provides intensive support services to stabilize the symptoms associated with mental illness and promote the highest level of independent living. Our program has four full-time case managers who are currently providing services to 264 individuals diagnosed with a severe mental illness and meet the definition of homeless (People who are living in a place not meant for human habitation or in an emergency shelter).

Our homeless program does outreach to various agencies in the community. Our presence at these facilities allows us to introduce ourselves, offer education regarding the services we provide, and build a positive working relationship with individuals who might not otherwise know where they can go for help with resources.

In addition offering resources, our program offers ongoing psychiatric care and aides with obtaining medications to treat the symptoms associated with mental health diagnoses. We empower people through the work we do by helping them obtain housing, work on their recovery, build self esteem, strengthen relationships and enhance quality of life.



SAMMONS FINANCIAL GROUP OF SIOUX FALLS

Southeastern would like to thank the Sammons Financial Group in Sioux Falls for their generous donation of \$15,000 to our Garden Project. This new program helps to transform lives through the use of "dirt therapy." Dirt therapy utilizes therapeutic horticulture techniques and goals to improve the quality of life and wellness. Dirt therapy can help reduce stress, promote mindfulness/calming mechanisms, and redirect negative behavior into positive action. The Garden Project, which is located behind Lewis Drug on 69th Street, offered three gardening groups over the summer. These groups were a great way for clients to connect with nature and grow as individuals. We are grateful to continue to develop this program with the help of Sammons Financial Group. Sammons Financial Group is active in the community with their volunteer work, financial contributions, and support of issues they are passionate about to improve individual lives and communities. Thank you again for your very generous donation. Your support is truly appreciated!



HAPPY NEW YEAR!

During this season, it is important to take a moment to remember that hope is something we all have in common, but hope can look different for those in need. If you would like to help the individuals, children, and families that Southeastern serves, please consider a donation to help bring hope to others. Listed to the right are items that may enhance the lives of our clients. For more information about donations, please call 605-336-0510.



DONATIONS FOR:

- Bus tickets
- Taxi fare
- Computer
- TV
- Bottled water
- Hats, gloves, scarves
- Socks
- Clothing
- Personal Hygiene
- Arts and crafts
- Board games
- Card games